

APRIL 2014



# FIFTY PLUS

Lynchburg Parks and Recreation 434-455-5858

[www.lynchburgva.gov/parksandrec](http://www.lynchburgva.gov/parksandrec)

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. *Evening/weekend activities & times identified in "Purple" throughout the newsletter.* City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

## TEMPLETON SENIOR CENTER (TSC) 225 Wigginton Road - 455-4115

### ☎ AARP Smart Driver Class

This eight-hour, newly updated, driver refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! Instructors: Pat & Paul Deacon Register by 4/24.

Fee: AARP Members \$12.00

Non-Members \$14.00

Payable onsite to AARP.

74001.142

Sat 4/26 **8:30am-5:00pm**

### AARP Tax Aide

IRS Trained volunteers are on hand to help you complete your tax return. This free service is available on Mondays, Wednesday & Saturdays, 9:00am-12:30pm from April 1- 14. Be sure to bring all pertinent papers, social security card and a photo ID.

*Please note: Due to the large number of people wishing to take advantage of this free service you may experience a long wait or be asked to come back another time. Priority is given to Seniors.*

### \$ Beading with Jamie

Do you have broken jewelry or old pieces that you would like to redo? Jamie will help you turn your unused jewelry into something you will love!

Instructor: Jamie Carlund

Register by 4/22. Fee: \$10.00

74404.140

Th 4/24 10:00am-12:00pm

### Bingo

Enjoy a fun game of bingo. Bring two wrapped gifts to be used as prizes.

Tu 4/8 10:30am-11:30am

### \$ Bridge Class: Beginners

Discover the fun of bridge as you learn the basics of the card game. Beginners of all ages are invited to try their hand at this 6 week class.

No previous experience needed.

Instructor: Phyllis Moldenke

Register by 4/21. 6 Week Session

Fee: \$49.00 LR: \$34.00

74002.141

W 4/23-5/28 1:30pm-3:30pm

### \$ Bridge Class: Intermediate

Continue learning the game of bridge as you build on your skills and improve your game. Some previous playing experience is necessary. No class 5/26.

Instructor: Phyllis Moldenke

Register by 4/17. 6 Week Session

Fee: \$49.00 LR: \$34.00

74002.140

M 4/21-6/2 9:30am-11:30am

### Senior Awareness Day

Tuesday, April 29<sup>th</sup>

8:30 am – 2:00 pm

Timberlake United Methodist Church

21649 Timberlake Rd., Lynchburg

Free breakfast, lunch, & refreshments, entertainment, education & door prizes.

Open to the public.

No pre-registration required

### Experiencing France

France, the largest country in Western Europe, is well-known for its' arts and architecture. See why it is the most-visited country in the world as Simone Fraiser shares pictures and stories of her homeland.

73004.141

Th 4/17 10:30am-11:30am

### Gardens of the World – England

Susan Timmons will take us on a tour through many beautiful and historic gardens in England.

Tu 4/15 10:30am-11:30am

### Over the Counter Drugs

What's in your medicine cabinet? Roger Akers, a retired pharmacist, will discuss medication safety concerning prescription drugs that are now available over the counter, mixing medications, and proper disposal of medications. Stay for lunch following the program.

Tu 4/22 10:30am-11:30am

### ☎ Rape Aggression Defense

Learn realistic self-defense tactics in this 12 hour, nationally accredited program of empowerment and self-protection for women. Presented by RAD certified self-defense instructors with the LPD. Participants need to wear comfortable gym clothes and sneakers and commit to be at all four classes for the maximum learning experience. All females, age 15 and over, are encouraged to attend. FREE Register by 3/26. 4 Week Session 73003.141

Sat 4/5 – 4/26 **9:30am-12:30pm**

### **\$ Simply Salads Luncheon**

This light and tasty meal features chicken, fruit and tossed salads. Also included in lunch is your drink, rolls and tasty dessert. Come early for the Over the Counter Drugs program. Register by 4/18. Fee: \$4.00 73004.141

Tu 4/22 11:30am-12:15pm

### **Square Foot Gardening**

Maximize your production with less space, less stress and less cost. Let Master Gardener, Deb Straw explain how square foot gardening might be just right for you! Watch for other Master Gardening Programs next month.

W 4/16 10:30am-11:30am



### **\$ Sculpt and Tone Exercise Class**

Begin with a cardio workout then focus on trimming and toning using weights, bands, steps and mats.

Instructor: Steffy Whitesell

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74209.140

Tu Th 4/1-4/29 6:00pm-7:00pm

### **\$ Texture Painting with Acrylics**

Add dimension to your work. Make your paintings come to life with the incorporation of a texturing medium. Students should bring their own brushes. Other supplies provided.

Register by 4/18. 4 Week Session

Instructor: Betty Leary

Fee: \$56.00 LR: \$41.00

74403.140

Tu 4/22-5/13 1:00pm-3:00pm

### **Video Chair Exercise Class - FREE**

Get fit and have fun exercising. It's a great exercise program everyone can do right from your chair! Monday classes resume 4/21.

Tu,Th,F 4/1-4/29 9:30am-10:15am

### **\$ Watercolors Express**

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own brushes.

Instructor: Betty Leary

Register by 4/4. 1 session

Fee: \$23.00 LR: \$15.00

74401.141

Tu 4/8 1:00pm-4:00pm

### **\$ Yoga**

This class combines stretching, breathing, and holding postures for better overall health.

Instructor: Debbie Ladd

Register monthly. 5 Sessions

Fee: \$36.00 LR: \$24.00

74203.140

Tu 4/1-4/29 8:15am-9:05am

### **\$ Zumba PM**

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74208.140

M W 4/2-4/30 5:00pm-5:45pm

### **\$ Zumba AM**

Start your day with a great cardio workout as you move to the beat of Latin inspired music.

Instructor: Steffy Whitesell

Register monthly. 4 Week Session

Fee: \$36.00 LR: \$24.00

74205.140

T Th 4/1-4/29 9:30am-10:15am

### **Special Interest at TSC**

#### **Canasta**

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome.

F 4/4-4/25 9:30am-11:30am

### **Current Issues & Events**

Dr. Jim Campbell leads this interactive group as they discuss hot topics in the news.

W 4/9 & 4/23 10:30am-11:30am

### **Literature for Life**

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are always welcome.

Th 4/10 10:30am-11:30am

### **Mahjong**

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain. Beginners welcome.

Th 4/3-4/24 9:30am-12:30pm

### **\$ Mahjong Marathon**

Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game. Newcomers are welcome. Come on Thursdays from 9:30 -12:30 and practice up for the big event! Door prizes and lunch provided. Register by 4/24. Fee: \$10.00

73003.140

Sat 4/26 9:00am-2:00pm

### **FAIRVIEW CENTER (FC) 3621 Campbell Ave. - 847-1751**

### **\$ Archery 101 - Adult Class**

Develop a new skill! Learn the basic elements of archery including parts of the bow, shooting form, and the layout of the range. All equipment provided. This class is a prerequisite for all other archery classes offered.

Instructor: Kaleb VanDePerre

Register by 3/26.

Fee: \$33.00 LR: \$22.00

Fairview Center Field

73708.140

W 4/2 1:00pm-3:00pm

### **BINGO**

Bring two, new unwrapped gifts to be used as prizes.

W 4/30 10:30am-11:30am

### **\$ Ceramics Club**

Select your own project. Check with Jamey for pieces and pricing.  
Club Fee: \$5.00 Register monthly.  
W F 4/2-4/30 9:30am-11:30am

### **\$ Dogwood Clay Craft**

Using clay, create and design a dogwood wall hanging.  
Instructor: Sue Matherly  
Register by 4/5.  
Fee \$8.00 2 Week Session  
63600.140  
W 4/9-4/16 10:30am-11:30am

### **\$ Fairview Fitness**

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker  
Register monthly. 4 Week Session  
Fee: \$36.00 LR: \$24.00  
63300.140  
M W F 4/2-4/30 11:30am-12:20pm

### **\$ Lunch and Learn: Ask the Pharmacist?**

Pharmacist from Rustburg Pharmacy will be here to answer any of your prescription questions. Feel free to bring your medicine bottles.  
Register by 4/16. Lunch Fee: \$4.00  
63400.140  
W 4/23 11:00am-1:00pm

### **\$ Spring Goodie Boxes**

Make and fill small boxes for a special treat for the kids of Fairview.  
\*Please bring candy such as peeps, peanut butter cups, chocolate eggs, etc. to fill the boxes.  
W 4/16 10:30am-11:00am

### **\$ Zumba at Fairview**

Move your feet to a Latin beat for a fun cardio workout to tone and trim.  
Instructor: Kirstin Eubank  
Register monthly. 4 Week Session  
Fee: \$36.00 LR: \$24.00  
63300.143  
Tu Th 4/1-4/29 6:00pm-6:45pm

## **Special Interest at FVC**

### **Social Bridge**

Interested in playing bridge and making new friends? Come join the fun at Fairview.  
M 4/7-4/28 10:00am-11:30am

### **Billiards**

Two tables are available for recreational billiards.  
M W F 4/2-4/30 9:30am-1:00pm

### **\$ Weekly Line Dance**

Interested in line dancing for fun? Join this group of dancers any Wednesday and enjoy an energizing morning. Fee: \$2.00/class.  
W 4/2 - 4/30 10:30am-11:20am

## **ART STUDIO AT JACKSON HEIGHTS** 720 Winston Ridge Rd - 455-4001

### **\$ Beginning Hand built & Wheel Pottery – Two Classes Offered**

Learn to make clay pottery using both hand forming and wheel throwing techniques. Instructor: Gail Speidell  
Register by 4/1. 8 Week Session  
Fee: \$103.00 LR: \$88.00  
26000.140  
Tu 4/8 - 5/27 9:00am-12:00pm  
OR  
26000.141  
W 4/9 -5/28 6:00pm-9:00pm



### **\$ Stepping Stone Stained Glass**

Participants will make one garden stepping stone using stained glass techniques.  
Instructor: Carter Martin  
Register by 4/22. 8 Week Session  
Fee: \$95.00 Non-Res: \$80.00  
63600.141  
Tu 4/29-6/24 6:30pm-8:30pm

## **2014 Annual Conference on Aging**

### **Aging Well in Mind, Body & Spirit**

Tuesday, June 3 8:30am – 4:45pm  
Lynchburg College

Register early, space is limited due to construction on campus. Call 544-8456 or go to [www.lyncburg.edu/beard](http://www.lyncburg.edu/beard) for more information.

## **DIAMOND HILL CENTER**

1005 17<sup>TH</sup> Street – 847-1409

### **Young at Heart Programs**

#### **☎ All that Jazz with Lew Taylor and Lunch** Fee: \$3.00

Th 4/10 11:00am-1:00pm

#### **☎ Joyce's Garden Tips, Craft, and Lunch** Fee: \$5.00

Th 4/24 11:00am-1:00pm

## **OTHER LOCATIONS**

### **\$ Bowling**

Enjoy weekly recreational bowling without the commitment of league attendance and play.  
Game Fee: \$1.25/game plus tax  
Fort Hill Bowling Center,  
6015 Fort Avenue  
Tu 4/1-4/29 1:00pm-3:00pm

### **\$ Fifty-Plus Pickleball**

Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. \*Note two times below.  
Staff: Marsha Berry  
Register monthly. 4 Week Session  
Fee: \$10.00  
Heritage United Methodist Church,  
582 Leesville Road  
73703.140  
\*Beginners & Intermediate Players  
Th 4/3-4/24 1:00pm-3:00pm  
\*\*Advanced Players  
Th 4/3-4/24 3:00pm-5:00pm

### **\$ Fifty-Plus Putt Putt**

Enjoy Miniature Golf each Monday morning. Adults only please. \$3.00/two games. No registration required. Season continues through mid-October.

Putt-Putt Fun Center,  
8105 Timberlake Road  
M 4/7-4/28 10:00am-12:00pm

### **\$ Fifty-Plus Softball**

Let the outdoor season begin! Play focuses on fun, fellowship and exercise. All players, men and women, age 50 and over are invited to participate regardless of skill level.

Staff: Lynn Fox  
Register & pay monthly. Fee: \$10.00.  
Peaks View Park Field # 1  
73702.140  
W F 4/2-4/30 10:00am-12:00pm

### **☎ Golden Gourmet @ Red Lobster**

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Register by 4/23. Call 455-4115.  
Meet at: Red Lobster,  
3425 Candler's Mountain Rd.  
73700.140  
F 4/25 11:30am-1:30pm

### **New Chapter Book Group**

'Grace of Silence' by Michele Norris gives a deeply personal reflection on what her parents and grandparents did and did not tell her about her history and identity as a black woman.

Meet at: The Drowsy Poet/Given's Book Store, 2236 Lakeside Dr.  
M 4/28 10:30am-11:30am

### **Coming in May (TSC)**

#### **Experiencing Life in the Amazon**

Travel to the mysterious Amazon jungle as Beth Bachmann shares insights and personal experiences from her time there. She and her husband, a bush pilot, served as missionaries in Brazil and have a unique perspective of the area.

Tu 5/6 10:30am-11:30am

### **Growing Herbs**

Master Gardener, Roslyn Cheagle will share information on growing and using herbs. Discover what grows best in our area and how to add flare to your recipes.

Th 5/8 10:30am-11:30am

### **Growing Vegetables in Central Virginia**

Master Gardener, John Casler gives primer on the best vegetable varieties to try for this area. This year try some new varieties as well as your old favorites for a successful and productive garden.

Th 5/1 10:30am-11:30am

### **\$ Watercolors: Exploring Colors**

Discover the beauty of watercolors as you learn how to work from light to dark, layer, and blend colors to add depth to your painting. Get tips on how to avoid and correct mistakes. Bring your own brushes.

Register by 5/5. 6 Week Session

Instructor: Betty Leary

Fee: \$75.00 LR: \$60.00

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Th 5/8 - 6/12 6:30pm-8:30pm

Hill City Master Gardeners

### **Festival of Gardening**

Miller Park Aviary

Saturday, May 3

8:30am - 1:00pm

Huge plant sale and much more!

[www.hcmga.com](http://www.hcmga.com)

### **To Our Volunteers**

A special thanks to the many volunteers who have given and continue to give their time and talents to support Parks and Recreation and the Lynchburg community. Your efforts are truly appreciated and we look forward to working with you. Thank you for helping to make Lynchburg a great place live, work and play!

### **Virginia Senior Games**

Newport News, May 14-17, 2014

For information about the games go to

[www.virginiaseniorgames.org](http://www.virginiaseniorgames.org)

### **Younger participants**

18 and older are welcome to many activities and classes as space allows. Call for availability.

**Newsletters are available for pick-up at the following locations:**

- Lynchburg Community Market
- Lynchburg Public Libraries
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Forest Library
- Doctor's offices



### **City Wide Program Staff**

Allyson McSwain,  
Supervisor City-Wide Centers

Lynn Fox, Senior Recreation Specialist,  
Templeton Senior Center

Marsha Berry, Recreation Specialist  
Templeton Senior Center

Tamara Reynolds, Recreation Specialist,  
Templeton Senior Center

Jamey Love, Recreation Specialist  
Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.